

# CV –Dr. Melkamu Dugassa Kassa

## PhD Sports Science (Specialization in Health and Fitness)

### Personal Information

<b>Names</b>	Melkamu Dugassa
<b>Surname</b>	Kassa
<b>Date of birth</b>	05 October 1986
<b>Gender</b>	Male
<b>Nationality/Ethnicity</b>	Black, an Ethiopian citizen
<b>Home address</b>	Ginjo Guduru, Jimma, Ethiopia
<b>Postal address</b>	<b>Jimma, Oromia, Ethiopia</b>
<b>Work address</b>	Jimma University Sport Academy, Discipline of Biokinetics, Sport & Exercises Sciences, Private Bag 378, Jimma Ethiopia
<b>Telephone number (work)</b>	+ 251912202224
<b>Cell number</b>	+ 251918272080
<b>E-mail address</b>	<a href="mailto:kassamd2015@gmail.com">kassamd2015@gmail.com</a>
<b>Professional qualification</b>	Health and fitness professional (HF No: 0002313)
<b>Academic qualifications</b>	1) PhD (Sports Science) (UKZN) 2) MED (Physical Education, and Sports (Addis Ababa University) 3) BED (Teaching Physical Education, Fitness and Sports (Addis Ababa University)
<b>Criminal record</b>	None

### Tertiary Qualifications

<b>1) Qualification obtained</b>	PhD: Doctor of Philosophy in Sport Science (2018)
<b>Name of Institution</b>	University of KwaZulu-Natal
<b>Title of thesis</b>	“Health information and physical exercises for non-communicable disease prevention in the Ethiopian healthcare system”
<b>2) Qualification obtained</b>	MED Teaching Physical education, Fitness and Sports (2009)
<b>Name of Institution</b>	Addis Ababa University
<b>3) Qualification obtained</b>	BED (Bachelor) Physical Education, Fitness and Sports with Specialization in Health and Fitness (2006)
<b>Name of Institution</b>	Addis Ababa University

## School Qualification

Senior Certificate at Bullen High School (2002)

**Subjects:** Mathematics (SG); ICT (HG); English (HG); Life Sciences (HG); Physical Sciences (HG); Economics (HG)

## Academic Employment / Leadership roles

- 1) Lecturer at Debre Berhan University** (21 October 2006 to 14 September 2014).  
Department of Sport and Human Movement Science, Debre Berhan University.  
**PhD candidate and fellow at the University of KwaZulu-Natal** (15 September 2014 – 18 April 2018).
- 2) Senior lecturer at Debre Berhan University** (01 May 2018 to 30 August 2019). Department of Sport and Human Movement Science, Debre Berhan University.
- 3) Post-doctoral fellow and researcher at the University of KwaZulu-Natal** (01 June 2019 – 30 August 2021), University of KwaZulu-.
- 4) Senior lecturer at Jimma University** (01 March 2021 – Until now). Department of Sport and Human Movement Science, Jimma University.

**Postgraduate coordinator at Jimma University Sports academy** (01 April 2021 until now). My responsibilities included the following:

- Planning, budgeting, and PG program coordinating based on Jimma University legislations.
- Moderating of the progress of all PG proposals and thesis
- Administration of applications, moderating entrance exams and interviewing of prospective MSc applicants
- Arranging and assigning internal and external examiners
- Overseeing effective supervision of MSc research projects by staff members
- Organizing and supervision of MSc students Development Team Training Program (DTTP) community engagement project

### **Sport Academy Education Quality and Reform coordinator May 2018 to August 30 (Acting)**

As education quality control directorate, I was responsible for all academic, teaching-learning, examination quality affairs, student matters, and administration matters of this department. Hence, I was a member of the Faculty and Senate.

## Professional Appointments & Employment History

- 1) Licensed Health and fitness specialist:** Kenna health and fitness consultant – (2018 to until now).

### Responsible for:

- Prescription of specific medical exercise programs to individuals with medical disabilities following physical inactivity
- Sports performance/conditioning & rehabilitation of high-risk populations
- Physical health & employment screening of various departments of civil servants as well as developing and implementing of worksite health promotion programs

- iv) Developing, implementing and presenting various health promotion- and wellness talks & workshops
- v) Rendering of Executive health management screening/program
- vi) Coordinating, training, and managing sport for all fitness programs two times per annum.

**2) FIVB Instructor** for Ethiopia, African, Middle East region (15 May 2018 to until now)

Responsible for:

- i) Training and certifying FIVB coaching course for level **I** and Level **II** trainees.
- ii) Supervising and examining FIVB elective courses for graduate and postgraduate students.
- iii) Responsible for talent identification and selection for the national youth sport academy
- iv) Developing and revising of coaching manuals for project players and employees

**3) Swimming and Recreational service manager (2010 to 2013)**

Responsible for:

Managing, coordinating, developing & implementing the recreational swimming program at lakes and resort.

### Technical and Teaching training

- 2013 – Volleyball coaching International Level I 14 days training
- 2014 - Teaching portfolio half-day workshop
- 2014 - Case base and Problem based learning one-day workshop
- 2015 Statistical Package for the Social Science (SPSS) three-day workshop
- 2016 - Microsoft office three-day workshop (Word, Excel and PowerPoint)
- 2017 – Qualitative data analysis (Nvivo) one day workshop
- 2018 – Volleyball Coaching International Level II 14 days training
- 2019 – Volleyball Instructor 16 days training
- 2019 – Grant writing three days’ workshop
- 2019 – Systematic review and meta-analysis two days’ workshop
- 2019 - BREC application process & Research ethics Introduction to Biostatistics
- 2019 – A one-day Qualitative research and data analysis workshop
- 2020 – SAS data analysis software a one day workshop
- 2021 – Medley Desktop reference management software a two-day workshop.
- 2021 - Research Development Week: Elucidating the Research Process

### Promoting peace, unity and social cohesion among University Students

- 2019 – Using sport as a tool for solving ethnic, racial and linguistic related conflicts and unrest at Debre Birhan University, Ethiopia.
- 2015-2017 – Promoting the unity and Social cohesion of International students using competitive sports at the University of KwaZulu-Natal, Durban South Africa.

## Accredited Publications – last three years

1. Kassa MD, Mengistu AE. (2022). Disparity and Perceived Barriers to participating in Physical Activity among Begemidir College of Teachers Education Students in Ethiopia. 71 (5). Innovations.
2. Kassa MD, Mengistu AE. (2022). The Levels of Physical Activity and activity Preferences among College Students in North Gondar, Ethiopia. Volume-7, Issue-11. Haya: The Saudi Journal of Life Sciences (SJLS).
3. Non-Communicable Diseases (NCDs) policies and their implementation in Africa: A systematic review. *Frontiers public health review*. 42:1604310. doi: 10.3389/phrs.2021.1604310
4. Kassa MD, Grace JM. (2020). Race against death or starvation? COVID-19 and its impact on African populations. *Public health reviews*. 41 (30). Impact factor (IF) – 2.08
5. Kassa MD, Grace JM. (2020). FITT principle of physical activity as a Medical Disability prevention program in Ethiopia: a mixed-method study. *Indian Journal of Public Health*. 64(2), 141. Impact factor (IF) – 0.45
6. Kassa MD, Grace JM. (2019). A mixed-method study of quality, availability and timeliness of non-communicable disease (NCD) related data and its link to NCD prevention: Perceptions of health care workers in Ethiopia, *Health Information Management Journal* <https://doi.org/10.1177/1833358318786313>, Impact factor (IF) – 1.39
7. Kassa MD, Grace JM. (2018). Barriers to Integrate Physical Exercise Into the Ethiopian Healthcare System to Treat Non-Communicable Diseases, *Global Journal of Health Science*, 10(10):123-133. <https://doi.org/10.5539/gjhs.v10n10p123>, Impact factor (IF) – 0.84
8. Kassa MD, Grace JM. (2018). Healthcare Professionals' Perceptions of Non-Communicable Diseases Risk Factors and Its Regional Distribution in Ethiopia. *Global Journal of Health Science*; Vol. 10, No. 1; 2018. doi:10.5539/gjhs.v10n1p88.

## Chapter in Books – last three years

Kassa MD & Grace JM. (2020). The Global Burden and Perspectives on Non-communicable Diseases (NCDs) and the Prevention, Data Availability and Systems Approach of NCDs in Lowresource Countries, Non-communicable Diseases and Urbanization - A Global Perspective. <https://doi.org/10.5772/intechopen.89516>

## International Conference Oral Presentations – last three years

1. Kassa MD, Grace JM. Race against death or starvation? COVID-19 and its impact on African populations. ARUA 2012 Biennial international conference Future Africa Campus of the University of Pretoria, 18-20 November 2021.
2. Kassa MD, Grace, J.M. Policy Equity, Policy Implementation Practices, and Gaps to prevent Non-communicable Diseases (NCDs) in Africa: A systematic review. ARUA 2012 Biennial international conference Future Africa Campus of the University of Pretoria, 18-20 November 2021.
3. Kassa MD, Grace JM. Health Information and Physical Exercise as a strategy to prevent Non-communicable Disease (NCDs) in the Ethiopian Healthcare System. 11<sup>th</sup> international research conference at Jimma University Ethiopia, 22-24 March 2021.
4. Kassa MD, Grace JM. If Exercise is medicine, why healthcare professionals failed to prescribe it to patients with medical disorders? 10<sup>th</sup> international research conference at Jimma University Ethiopia, 16-18, February 2020.

## Research Funding & Grants – last three years

2020-2021: SAMRC University KwaZulu-Natal, Biokinetics, Exercise and Leisure Science, Research grant: ZAR 600,000.

## Teaching Experience

- 1) My **teaching responsibilities** at the **University of KwaZulu-Natal** (05 September 2019 – 30 February 2020): The development, teaching and assessing of theoretical as well as practical components at **Honours level** of: Health promotion (SBSS 501); Management of chronic diseases (Pathophysiology and exercise prescription) (SBSS 506).
- 2) My **teaching responsibilities** at the **Jimma University** from March 2021 to Until now: The development, teaching and assessing of theoretical as well as practical components at Master's Degree of: Health and fitness promotion (SpSc 506); Exercise Physiology (SpSc 503), Applied Measurement and Evaluation in Human Movement (SpSc 523), Research methodology in Human movement Science (SpSc 502).
- 3) My teaching responsibilities at Debre Berhan University (2006 - 2014): The development, teaching and assessing of theoretical as well as practical components at Master's Degree level of: Health and fitness promotion (SpSc 506); Exercise Physiology (SpSc 503), Applied Measurement and Evaluation in Human Movement (SpSc 523), Research methodology in Human movement Science (SpSc 502).

## Guest Lecturer

Guest Lecturer for Postgraduate course (SpSc 503 – Exercise Physiology), at Jimma University. (2018 - 2019).

Guest lecturer for Postgraduate courses (SpSc 523 – Measurement and evaluation in Human Movement Science) at Jimma University (2016 - 2018).

## External examination of PG studies

### Masters dissertations (8)

1. I have examined four Master's thesis at Jima University, in May 2019.
2. I have examined three Master's thesis at Jima University, in February 2020.
3. I have examined three Master's thesis at Haromaya University in June 2020.
4. I have examined two Master's thesis at Hawassa University, in February 2021.
5. I have examined three Master's thesis at Wollega University in June 2021.
6. I have examined two Master's thesis at Hawassa University, in February 2022.
7. I have examined four Master's thesis at Wollega University, in February 2022.

## Supervision & Co-Supervision of Doctorate Studies - 1

Adane, H.	PhD	2018-2021 Graduated in 2021	Biblical Mandate to uplift orphans in Eastern and Southern Africa. By Bishop Status: Completed.
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### Supervision of Masters' Studies – 17 (see some below)

Kasahun, Y.	Masters	2018	The facilitating role of physical activity on social adjustment and emotional management. Status: completed
Lakew, S.	Masters	2018	Attitude and performance of Amhara regional state stakeholders on adaptive physical activity. Status: completed.
Tilahun, Y.	Masters	2018-2019 <b>Graduated in</b> 2019	3. The health status of orphan children during social unrest in Ethiopia: a longitudinal study from 2018-2019. Status: completed.
Yeshwase, A.	Masters	2017-2018 <b>Graduated in</b> 2018	The availability and management of sports facilities in some selected secondary schools in the South Wollo zone. Status: Completed.
Desalegn, D.	Masters	2020-2021 <b>Graduated in</b> 2021	The effect of 12-week aerobic exercise on blood pressure management among a cohort of University top managers in Debre Berhan, Ethiopia.
Megersa, H.	Masters	2021-2022 <b>In progress</b>	Physical activity levels and body mass index of adolescent scholars in different socioeconomic status Ethiopian Secondary schools
Zebegnash, Z.	Masters	2020-2021 <b>Graduated in</b> 2021	Facilitators and Barriers to Physical activity Participation among civil servant workers in Jimma town, Ethiopia: A cross-Sectional Study.

### Plan of JU Mega research grant

Kassa, M	2023 - 2024	Metabolic Syndrome and Cardiovascular Diseases among adult population in Ethiopian: Prevalence, Risk Screening and Management
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